

SUMMER

summer lineup 2021



Get sterile stuff If you inject, use new supplies every time. Visit your syringe service program (SSP) for FREE supplies and other services.



Carry naloxone Carry naloxone and know the signs and symptoms of opioid overdose.



Test STDs are on the rise. Schedule a confidential test for HIV/STDs and Hep C.



Keep up If you're living with HIV, consistent treatment keeps your viral load undetectable. Undetectable = Untransmittable (U=U). Learn more: iamnotatrisk.org.



Prepare PrEP is a daily pill that can keep you HIV-negative. Ask your health provider if PrEP is right for you.



Vaccinate The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you.



Wrap Condoms give you big protection from STDs. Use them with water or silicone-based lube to avoid friction.



Go low, go slow Do a tester shot, line, bowl, or bump. You can always put more into your body, but you can't take it out once it's there.



Ask Interested in substance use treatment like buprenorphine? Talk with your SSP, call the Washington Recovery Helpline, or ask your doctor for help.

Washington Recovery Helpline —
24-hour help for substance abuse, problem gambling, and mental health: 1-866-789-1511



Washington State Department of

Health

DOH 150-153 July 2021

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.